

Medication	Dosage	Time

Allergies:

Your Emergency Contact:

Phone Number:

- If I am acting strangely or cannot be awakened, my blood sugar may be low.
- If I can swallow, give me 4 to 6 ounces of a sweetened, non-diet soft drink, fruit juice or other sugar source (sugar packet, cake gel, etc.)
- If I am not improved in 10 to 15 minutes, call 911. Repeat the sugar treatment as above.
- If I cannot be awakened or cannot swallow, do not try to give me anything by mouth. Call 911.

I HAVE DIABETES

Personal
  
Diabetes
  
Care Card



0942

1/06

Your Name:

Your Diabetes Care Team Phone Numbers

Doctor:	(       )
Diabetes Educator:	(       )
Dietitian:	(       )
Pharmacist:	(       )
Foot Doctor:	(       )
Eye Doctor:	(       )
Dentist:	(       )
Emergency Contact:	(       )

This list of items for good diabetes care is recommended by the American Diabetes Association (ADA) and the NYS Department of Health's Diabetes Prevention and Control Program. Take this card to your doctor and diabetes educator when you visit them every 3 months so that **YOU** can take charge of your diabetes.

TESTS (How Often)		ADA Goal	My Goal	Date of Visit			
Hemoglobin A1C* (every 3-6 months)		Below 7%		RESULTS			
Blood Pressure (each visit)		Below 130/80					
Cholesterol (yearly)	TOTAL						
	LDL	Below 100					
	HDL	> 40 (male) > 50 (female)					
Triglycerides (yearly)		Below 150					
Foot Exam (each visit)							
Urine Test for Protein (yearly)							
Blood Test for Kidney Function (GFR)							
Dilated Eye Exam (yearly)							
Dental Exam (every 6 months)							
Flu Shot (yearly)							
Weight							

Check ( ✓ ) when reviewed with your health care professional.

Blood Glucose	Before Meals: 80-120 mg/dl Bedtime: 100-140 mg/dl				
Eating Well					
Exercise					
Blood Sugar Testing					
Safety Check on Meter					
Self-Monitoring Log Book ( each visit)					
High & Low Blood Sugar					
Syringe Disposal					
Medicine					
Daily Aspirin Use					
Foot Care					
Sick Day Care					
Stress Management					
Tobacco/Alcohol Use					

Date of Pneumonia Shot \_\_\_\_\_

Completed Diabetes Self-Management  
Education Program \_\_\_\_\_

NYS Diabetes Prevention and Control Program **(518) 474-1222**

\* An A1C of 7 equals an average blood glucose of 150 mg/dL.